## **Abstract of the Disclosure**

An article comprises a containment means comprising pressurized gas-filled microbubbles, the gas being controllably releasable on demand by fracturing the microbubbles.

The article of the invention is useful as a fuel or oxidant storage and delivery system to supply electrochemical power devices, such as fuel cells and chemical batteries, particularly those used in portable power applications. Specific applications include a fuel source for a hydrogen/air fuel cell to replace rechargeable batteries used in portable computers, camcorders and the like, or for powering remote sensing devices.

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